

WHEELING FIRE DEPARTMENT **RECOMMENDED DISASTER SUPPLY KIT**

Being personally prepared to deal with a major disaster for the first 72 hours is critical for you and your family's safety and survival. A critical step to minimizing the impact of a disaster on you and your family is having a "Disaster Supply Kit" in your home and business. A "Disaster Supply Kit" should include the following items:

- A supply of potable water (one gallon per person per day). Water should be stored in sealed, unbreakable containers. Replace the stockpile every six (6) months to assure freshness.
- A supply of non-perishable packaged or canned food. Choose foods that can be eaten directly from the container without cooking such as beans, tuna, granola bars, etc.
- A non-electric can opener.
- A change of clothing, a disposable rain poncho, multiple pairs of socks, and sturdy shoes for extended walking, standing, and climbing over debris fields.
- A rolled blanket or sleeping bag for each member of the family.
- A first aid kit with basic trauma supplies such as trauma pads, adhesive bandages, antibiotic ointment, gauze, scissors, chemical ice packs, etc. Store the first aid kit in a water resistant container.
- A two (2) week supply of any prescription medications taken by family members.
- A battery-powered radio with extra batteries. Replace the batteries annually. Consider purchasing a radio that generates its own power by turning a crank on the radio for several minutes (available at sporting good stores and on-line).
- A battery-powered flashlight and/or lantern (available at sporting good stores and on-line), as well as an extra set of batteries. Replace the batteries annually.
- An extra set of car keys (always maintain at least a half a tank of gasoline in your car at all times. Fuel pumps at service stations do not work when the power is out).
- Credit cards and emergency cash supply (ATM's do not work when the power is out and most banks will be closed for several days after a disaster strikes).
- An old pair of prescription glasses.
- A whistle for signaling for help.
- A pocket mirror for signaling for help.
- A roll of plastic sheeting.
- A roll of exterior grade duct tape.
- A roll of bathroom tissue for each member of the family.



- A pocket knife or multipurpose tool (ex. Leatherman's Tool).
- An adjustable locking wrench (can be used to shut-off leaking gas meters and crimp off small broken water pipes).
- A list of addresses and telephone numbers of important family contacts such as relatives and physicians.
- A list of insurance policy numbers for your home and car, as well as the national contact telephone numbers for your insurance companies.
- A paper map of the Chicago metro area (you may need to drive or walk to an emergency shelter that is not within the Village of Wheeling or to a location that is not familiar to you). GPS units may not work in a disaster zone and if they do, will eventually run out of battery power.

All of these items should be stored together in a backpack or duffel bag which can be quickly taken with you should you need to evacuate your home. Plan ahead to be self-sufficient for a minimum of 72 hours after a disaster strikes. For more information, please visit:

<http://www.ready.gov/make-a-plan>

<http://www.redcross.org/prepare/location/home-family/plan>

<http://emergency.cdc.gov/preparedness/plan/>

<http://www.ready.gov/build-a-kit>

<http://www.redcross.org/prepare/location/home-family/get-kit>

